

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

NOVEMBER 16, 2007

Killer Waves

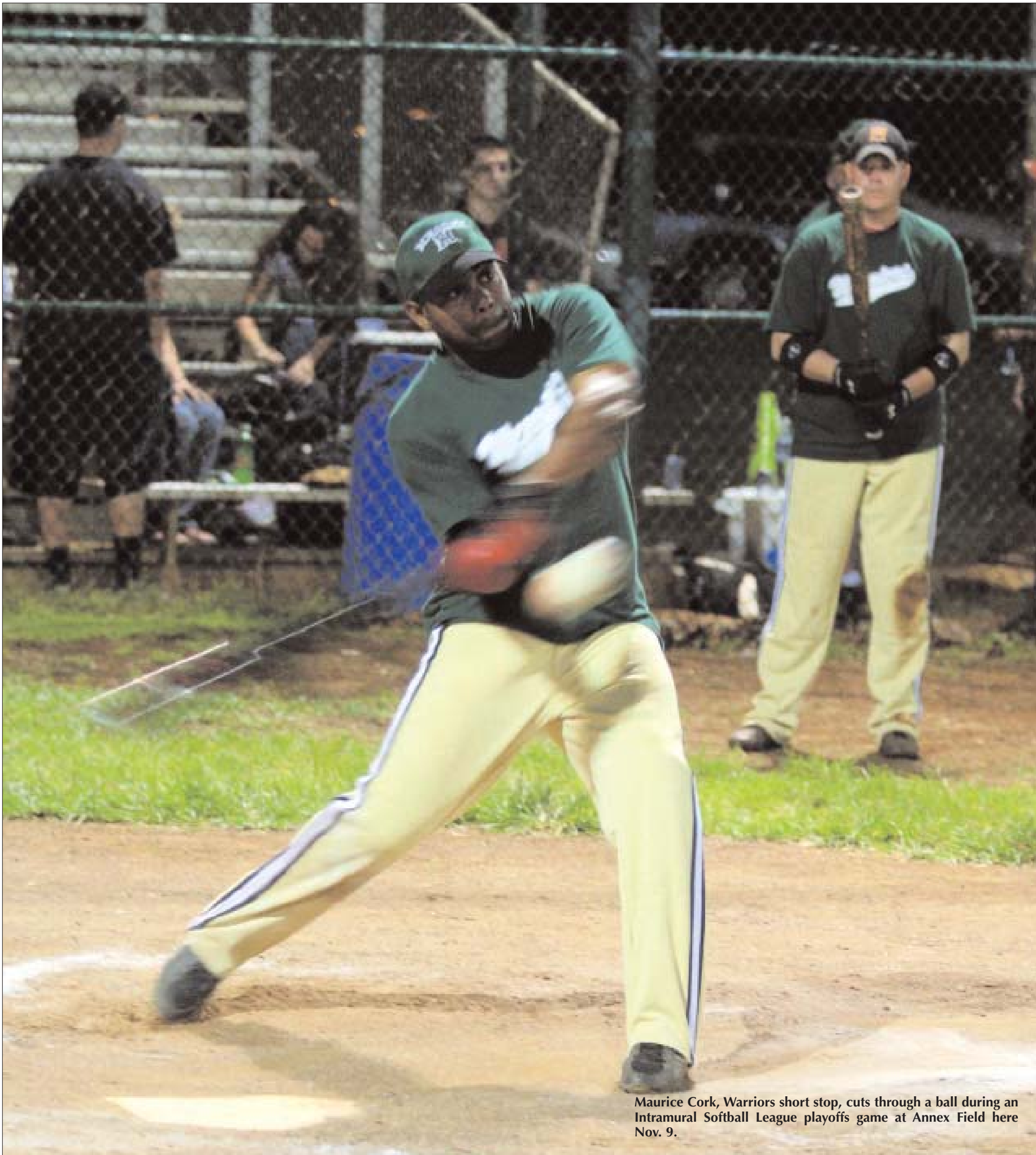
Read the story on C-2 to learn how to stay safe at the beach this winter.



Lance Cpl. Regina A. Ruisi

Surfers need to be cautious of the winter's large waves. Checking the surf report, safety signs posted and talking with lifeguards before hitting the beach is important.

Put the 'win' in swinger



Maurice Cork, Warriors short stop, cuts through a ball during an Intramural Softball League playoffs game at Annex Field here Nov. 9.

Warriors win first playoff game over Bomb Squad, 20-10

Story and Photos by
Lance Cpl. Ronald W.
Stauffer

Combat Correspondent

The Headquarters Battalion Warriors beat the Marine Aircraft Group 24 Bomb Squad 20-10, showing dominance in their batting and defense on the field during the first game for the Intramural Softball League

playoffs at Annex Field here, Nov. 9.

The Bomb Squad stepped onto the diamond for their second game of the night after beating the Helicopter Anti-Submarine Squadron Light 37 EasyRiders, 11-10, in the first round to take on the mighty Warriors.

The Warriors stepped into the game rested and ready to play, giving them a new

start, but not as warmed up as the Bomb Squad.

"We feel confident," said Tom "Make 'em make the play" Hollman, Warriors left center field and lead off hitter for the game. "We're going to take this one game and one inning at a time."

As the Warrior's first batter dug in at home plate, the Bomb Squad defense

took the field with nine of 10 players, hoping for another victory.

In the first inning, both teams managed to position players on base and score runs.

Coming out strong at bat was Kalani Smith, Bomb Squad first baseman, hitting the first homerun of the game and sparking up the fire in the team.

Both teams looked equally matched as they drove through the first inning, stepping into the second with a tied score, 3-3.

Each team preformed to its max, showing the other what they we are capable of. The game remained tied, 3-3, until the fifth inning when the Warriors slipped a

See **BASEBALL, C-7**

Semper Fit class brings together pilates, yoga

Story and Photos by
Lance Cpl. Alesha R.
Guard

Combat Correspondent

Semper Fit has a new pilates-yoga combination class available Tuesday and Thursday from 11:30 a.m. to 12:30 p.m.

It's free for active duty and only \$2 a class for everyone else. You can even buy a discount ten-pass packet for \$15, at the Semper Fit front counter.

The certified "PiYo" instructor, Anastasia Benson, has taught the class at Semper Fit for two weeks. Usually teaching water aerobics midday, Benson suggested the new class to switch things up as the pool fitness seasons ends.

"PiYo fuses together the best of pilates and yoga, while Westernizing it," Benson said. "This makes it more accessible to the mainstream population." The class is designed to teach newcomers, and challenge those accustomed to pilates and yoga.

"I offer modifications for each move depending what strength level someone is at," Benson explained. "The class is even safe for pregnant women, if they get a note from their doctor."

She explained there are usually about three difficulty levels per move in the class.

"It was really nice that she modified the poses for me and my baby," said pregnant Sgt. Amanda Harquail, Marine Heavy Helicopter Squadron 463.

Harquail said she came to the class to stretch and exercise while pregnant.

"It was great," Harquail said. "It was so relaxing, and it got me away from work for awhile."

The class is a strength builder and flexibility enhancer with some cardio mixed in, Benson said.

"I didn't think I'd be sore, but the next day I was," laughed Cindy Turse. "This is something you should keep up, especially if you're retired. It helps you stay physically fit, and it keeps everything working."

Turse said she enjoyed the class and hopes more retirees will try it.

The class is broken down into five parts including a warm up, heat building, balance and strength, abs and a cool down.

See **PIYO, C-6**

ONGOING SPORTS BRIEFS

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities’ contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido

Enjoy the waves the smart way



Lifeguards at beaches can provide valuable information about water conditions that can help promote safe visits to Oahu's beaches during the winter season. Beach visitors should ask their lifeguards how the weather impacts water conditions before swimming or surfing.

Water safety paramount in winter

**Story and Photos by
Lance Cpl. Regina A. Ruisi**

Combat Correspondent

Seasonal changes in Hawaii may have a minor effect on the temperature, but the size of the waves shows a definite change in season.

Waves on the northeastern and western shores of Oahu go from small to huge as the year closes out, and beachgoers need to be aware of the potential safety hazards a winter trip to the beach can pose.

“In Hawaii in the summer there’s smaller surf,” said Dino Leonard, assistant manager, water safety, Marine Corps Base Hawaii. “In winter there are a lot of swells that bring in large waves. Because of the change, safety is the number one thing.”

Knowing beach conditions is one of the most important things a beachgoer can do. Checking surf reports and weather reports are important, and be sure to heed the warning signs, said Bo Irvine, director, Base Safety.

Most beaches post warning signs to let beachgoers know what safety hazards are at a beach, Leonard said. Areas that are safe for swimming or snorkeling will be marked. Beaches on base have not only signs, but white or red flags, warning visitors if the beaches are safe for swimming.

Signs aren’t the only things posted to keep people safe. Base beaches, and others around Oahu, have lifeguards posted to ensure a safe area for people to swim, snorkel or surf in. As conditions can change on a moment’s notice due to wind, asking a lifeguard about



During winter months, winds increase wave size and shore breaks. Beachgoers need to take safety precautions like checking surf reports and looking at posted signs before entering the water.

current conditions is more important than checking weather reports or following posted safety signs, Leonard said.

“Always check with lifeguards,” Irvine said. “Don’t swim at a beach where there isn’t a lifeguard posted. They can tell you where it’s safe to swim and surf. If they say not to enter the water, don’t enter the water.”

Another important thing to remember when going to the beach is to always keep a close eye on children. Even when the shore break is too big to go swimming, chasing the waves on the shore can be dangerous for small children who aren’t strong swimmers.

“Never take your eyes off your children,” Irvine said. “If the waves are too big, don’t let them chase the waves. The water can catch them and pull them in. Once they’re in the water, it can pull them out with the rip tide very quickly.”

If waves are small enough for children to play in, be cautious of the water because conditions are likely to change.

“Keep an eye on your kids when they’re around the water,” Leonard said. “Have them stay around the shore line where they can touch. Always be aware of your environment.”

Knowing not only your environment but what you can handle is important. Surfers need to know how

much surf they can handle before they try to tackle the winter’s large waves and swimmers should know their strength before going out into the water, Irvine said.

“If you’re not sure if you can handle it or not, don’t enter the water,” added Irvine.

The golden rule at base water safety is “if in doubt, don’t go out,” Leonard said.

Knowledge about water conditions is crucial all year, but remember it’s especially important during the next few months.

Check surf reports for Oahu at <http://www.surfnewsnetwork.com>. Check water conditions on base by calling 257-1823 or 7655.

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Turkey Burn-Off Aerobathon

Burn off those Thanksgiving meals at this four-hour aerobics session Nov. 23 at the Semper Fit Center, from 9 a.m. to noon. Bring a new, unwrapped toy for Toys for Tots and get in the Christmas season early this year!

3rd Radio Bn. Jingle Bell Fun Run

Join 3rd Radio Battalion for their Jingle Bell Fun Run, part of the CG's Semper Fit Series, Dec. 1 at 7:30 a.m. The event is open to the public, and runners can register online by visiting <http://www.mccshawaii.com/cgfit.htm>, or visit the Semper Fit Center aboard MCBH or Camp Smith by Nov. 23.

For more information, call Meghan Brophy at 254-7590.



Make a home run!
Support intramural softball!



**Congratulations,
MAG-24 Bandits!**

**2007 Intramural Tackle Football
Champions**

HEALTH AND WELLNESS

Stay in the game with basketball safety tips

Ann Wells
LIFELines

Congratulations if you woke up this morning with a renewed vigor to become an ace on the basketball court. But beware: injuries are a common side effect of sports. Basketball, one of the most popular sports in the United States, is no exception. More than 200,000 people are treated for basketball-related injuries every year. Though you can't completely eliminate the possibility of an injury, playing safe can certainly reduce the risk. It's a good idea to get a complete physical before you join a team or begin a basketball program. Make sure your doctor includes an orthopedic exam to evaluate joint flexibility and old bone or sport-related injuries.

Work Up to It
Of course you're tempted to begin your new basketball regimen at full throttle, but don't. Instead, take time to prepare your body. Begin an exercise routine at least six weeks before official practice starts. For military families moving in and out of



Basketball players can reduce their sports-related injuries by ensuring they train consistently and wear the right safety gear when they play. If players do get hurt, they should properly ice their injuries and take the full time to recover.

different climates, it's particularly important to acclimatize before the official season starts. Remember, pain can indicate injury. If you or a family

member experiences pain while playing or practicing, tell the coach or see a medical provider. If you have a child or teen player, encourage them to tell you or the coach about

pains they may be experiencing. (And be very clear with a child's coach that you don't want your child to be told to "walk it off" or "work through it" or "no pain, no gain.")

Equipment and Court Safety
• Use recommended safety equipment, such as elbow and knee pads or protective eyewear. A fin-

ger to the eyeball can be mighty painful.

- Have a complete first-aid kit, including cold packs, available at all games or practices, whether it's formally scheduled or a casual pickup game.
- Players should follow the guidelines and rules set by the coach, and parents should make sure the coach is discouraging pushing, shoving, and fighting during games or practices.
- For younger players, consider using smaller, softer balls.
- Look for well-padded walls or poles under the backboard, even in a casual game.
- Make sure the court is clear of debris and has boundaries that are well marked and are a safe distance from walls, fences, and other obstructions.
- Court rules should be visibly posted.
- Know the team's medical provider and the extent of medical or first-aid service available on site. Determine if phone service and/or emergency transportation is available from the game location.

See BALL, C-6

HEALTH AND WELLNESS



Department of Education

Children suffering from bullying may not easily tell adults there is a problem. Several symptoms, such as depression or anxiety, could be too subtle to notice.



Youth classes are available with the Dance Movement Academy.

For more information, call 479-3273



Don’t run out of time

Register for the 3rd Radio Battalion Jingle Bell Fun Run starting at 7:30 a.m., Dec. 1.

For more information, call 254-7590

Bullying may be hard to spot

News Release

LIFELines

What is bullying?

Bullying among children is aggressive behavior that is intentional and involves an imbalance of power or strength.

Typically, it is repeated over time. Bullying can take many forms, such as hitting and/or punching (physical bullying); teasing or name calling (verbal bullying); intimidation using gestures or social exclusion (nonverbal bullying or emotional bullying); and sending insulting messages by phone or computer e-mail (cyberbullying).

Many children, particularly boys and older children, do not tell their parents or adults at school about being bullied. It is important that adults are vigilant to possible signs of bullying.

Warning signs

Possible warning signs a child is being bullied:

- Comes home with torn, damaged, or missing pieces of clothing, books, or other belongings.
- Unexplained cuts, bruises, and scratches.
- Few, if any, friends, with whom he or she spends time.
- Seems afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with peers (such as clubs).
- Takes a long, illogical route walking to or from school.
- Lost interest in schoolwork or suddenly doing poorly in school.
- Appears sad, moody, teary, or depressed when he comes home.
- Complains frequently of headaches, stomachaches or other physical ailments.
- Trouble sleeping or frequent bad dreams.
- Loss of appetite.
- Appears anxious and suffers from low self-esteem.

What to do

If your child shows any of these signs, this does not necessarily mean he is being bullied, but it is a possibility worth exploring. What should you do? Talk with your child and talk with school staff. Tell your child you’re concerned and that you’d like to help.

Here are some questions to get the discussion going:

- “I’m worried about you. Are there any kids at school who may be picking on you or bullying you?”
 - “Are there any kids at school who tease you in a mean way?”
 - “Are there any kids at school who leave you out or exclude you on purpose?”
- Some subtle questions:
- “Do you have any special friends at school this year? Who are they? Who do you hang out with?”
 - “Whom do you sit with at lunch and on the bus?”

- “Are there any kids at school who you really don’t like? Why don’t you like them? Do they ever pick on you or leave you out of things?”

Talk with staff at your child’s school. Call or set up an appointment to talk with your child’s teacher. He or she will probably be in the best position to understand the relationships between your child and other peers at school.

Share your concerns about your child and ask the teacher such questions as:

- “How does my child get along with other students in his or her class?”
- “With whom does he or she spend free time?”
- “Have you noticed or have you ever suspected that my child is bullied by other students?”

See BULLY, C-7

BALL, from C-4

Player Preparation

- Warm up and stretch completely before playing and after extended breaks. Risk of injury increases when muscles are cold.
- Drink plenty of water or a sports drink before, during, and after practices and games, especially in hot weather.
- Take care of your feet — make sure shoes fit properly and aren't worn out. Wear socks, dry between your toes, and be sure to address athletes foot, plantar warts, and other foot problems immediately.
- Remove all jewelry before the game starts.
- Don't chew gum while playing or practicing.
- Maintain muscle strength, endurance, and fitness levels throughout the year. Don't forget your upper body — spaghetti arms might hinder your playing prowess.
- Take time for a good cool-down after the game — this will bring down your pulse and help prevent muscle stiffness.
- Avoid playing games with players who are drunk or high.

Injuries

Despite safety precautions, injuries will occur. Basketball players are particularly prone to sprains and strains in the ankle and foot area. A sprain is an injury to the ligament that connects bones, and can range from merely stretching the ligament to a full tear. A strain is a pulled muscle.

Symptoms for both sprains and strains vary from mild to severe pain and bruising, limited movement, and swelling or bulging at the site of injury. With a sprain, you may hear a popping or snapping sound at the time of injury and you might experience some numbness or tingling. Mild cases can be treated at home or by a qualified team medic or trainer. To treat a mild sprain or strain, try using some RICE — no, not the fluffy white kind, but:

Rest, Ice, Compress and Elevate

Elevating the leg and a cold compress will help reduce swelling. Severe cases require a doctor's attention, or serious long-term side effects could result. Other foot and ankle injuries include broken or dislocated bones, tendinitis (inflamed tendons), and muscle cramps. Less common, though potentially game-ending injuries include blows to the head or eye area and injuries to the lower back, hand, and wrist. Injuries involving bones, joints, head trauma, or eye trauma should be evaluated by a doctor. If you're not sure what type of injury you have, play it safe and see a doctor. Basketball is the fourth leading cause of injury in team sports. You'll have more fun as a player than as a recuperating injured player. Take a few precautions and stay in the game.



Anastasia Benson, class instructor, demonstrates a balancing move during class Tuesday at the Semper Fit Center. The class is comprised of five segments, which include a warm-up and focus on the abdominal muscles. Classes are free to active duty service members.

PIYO, from C-1

“The warm-up involves a lot of slow stretching and moving your muscles,” Benson said. “It’s getting your body prepared to get into different positions.” The class then moves on to heat building. “Heat building prepares your body to hold positions and gets muscles completely warmed up doing moves used later on in the class like pushups,” Benson said.

Balance and strength building is the third section of the class, might be the most difficult. “A lot of core and upper body strength that most females don’t have is used in the balance and strength section,” Benson said. “It takes time to build strength. I couldn’t do a lot of these moves two years ago.” More core exercises follow in the abs portion. “I incorporate most of the pilates moves in the abs sec-

PIYO CLASSES

For more information, call the Semper Fit Center front desk at 254-7597.

tion, such as leg balancing,” Benson explained. The last and best part of the class is the cool down, Benson said. “As you lay on your back, you can feel everything drain out of your body,” Benson said. “Its my favorite part.” “The instructor did a good job keeping the pace and using a lot of different exercises,” said Tessa White, a former ballet dancer. “I came to keep my flexibility, and I feel really good. I loved it.”



Craig Siwarga, Warriors left center fielder, slides into home before colliding with the catcher at an Intramural Softball League playoffs game at Annex Field here Nov. 9.

BASEBALL, from C-1
run in on the Bomb Squad defense. The run was soon answered back by the Bomb Squad, scoring one of their own leaving the game tied, 4-4.
“They need to string some hits together,” said Romeo Ibrao, Warriors head coach.

“They need to start playing as a team.”
As the game started to heat up in the sixth inning, the Warriors found a breaking point and went on a hitting rampage. They brought runners in with short pop flies and line drives down the third base

line, giving the Bomb Squad no room to breath.
Keith “Cheddar Bob” Dewease, Warriors catcher, tore into a ball in the seventh inning, surprising the Bomb Squad and bringing in a home run.
At the top of the seventh inning, the Warriors led the game 20-6. The Bomb Squad’s

defense stepped up and shut down the Warriors’ batting streak in the eighth inning giving them last up at bat and the last chance of the game to take the lead.
The Bomb Squad managed to bring in four runs before the third out, leaving the score, 20-10, Warriors victory.

“We’re kind of worn out and under-manned, but we still played a good game,” said Chad Mercer, Bomb Squads left fielder.
The championship game for the Intramural Softball League will be at Annex Field, Monday. The teams are still to be determined.

BULLY, from C-5

Give examples of some ways that children can be bullied to be sure that the teacher is not focusing only on one kind of bullying (such as physical bullying).
Ask the teacher to talk with other adults who interact with your child at school (such as the music teacher, physical education teacher, or bus driver) to see whether they have observed students bullying your child.
If you are not comfortable talking with your child’s teacher, or if you are not satisfied with the conversation, make an appointment to meet with your child’s guidance counselor or principal to discuss your concerns. If you obtain information from your child or from staff at your child’s school that leads you to believe that he or she is being bullied, take quick action. Bullying can have serious effects on children.
If, after talking with your child and staff at his or her school, you don’t suspect that your child is being bullied, stay vigilant to other possible problems that your child may be having.
Some of the warning signs above (e.g., depression, social isolation, and loss of interest in school) may be signs of other serious problems. Share your concerns with a counselor at your child’s school.



Rule at the Base Pool

For more information, call 254-7655

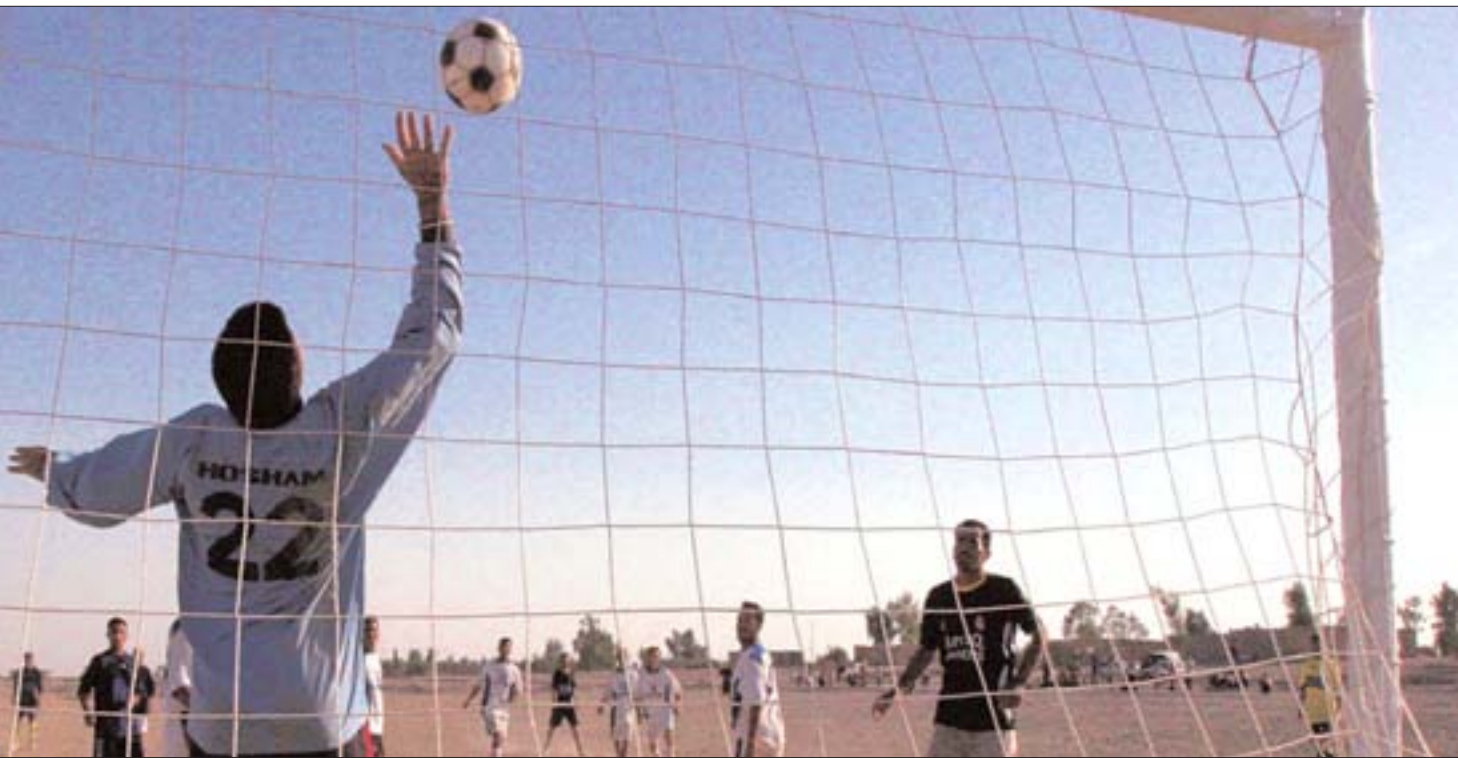


Feeling stuffed?

Sign up for the Turkey Burn-Off Aerobathon

Nov. 23 9 a.m. to noon

For more information, call the Semper Fit Center at 254-7597



Hosham, the young goalie of Jamayla’s soccer team, reaches desperately and successfully blocks an attempt for a goal by the opposing team during a Habbaniyah soccer league game in Habbaniyah. A total of 20 teams comprise the area’s soccer league.

They’re ready for some football

**Story and Photo by
Cpl. Bryce Muhlenberg**

Regimental Combat Team 6

HABBANIYAH, Iraq — Columns of dust rise from a pebble-covered expanse of sand as Iraqi men weave, sprint and maneuver a soccer ball to the end of the pitch toward a netted goal, manned by a lone goal keeper.

Only a year ago, this level of organization in a soccer game, called football in Iraq and everywhere else outside of the United States, would have been anything but ordinary in this small corner of Anbar province, Iraq, called Habbaniyah. It was once the hiding place and terror grounds of an insurgency. Now, this area is an example for the rest of Iraq, and the soccer game is an Iraqi way to blow off steam after a hard day’s work.

Approximately 20 teams from the communities around Habbaniyah, about nine miles west of Fallujah, have created a local soccer league, and recently begun competing in their first soccer season here since spring 2003.

The league is now a reality because of the peace that has spread throughout the region due to the increased capabilities of Iraqi Security Forces, along with the guidance and aid of Coalition Forces.

“We work hard to make things safe in this area,” said Omar Mohammed, an Iraqi policeman working out of a combined Marine and IP station. “We do it for the future of my family and friends. I do it for Iraq. It is no longer, ‘I am Muslim,’ ‘I am Christian,’ ‘I am Sunni,’ ‘I am Shia.’ It is, ‘I am Iraqi.’”

Iraq’s love of football is no longer something to be shared exclusively over piping hot, sugary chai in front of a television. It is now played in the open and for fun, said Kemal Musceff, a 26-year-old center-fielder for the Jimaylan football team.

“This is an old field. We used to play on this field 20 years ago, but in the past we couldn’t play here because terrorists were in this area,” said Musceff, as he wiped the sweat from his face with his blue and white shirt. “Now, it’s safe, and we can play and enjoy something we as a country love.”

The players in the league come from the surrounding area where they all contribute to their community. They hold jobs ranging from Iraqi Security Forces personnel, to local construction workers or farmers. It doesn’t matter how old they are either, said Musceff.

“No matter if you are 14 or 45, you just have to be very good at football,” said Musceff with a wide smile and a thumbs-up.

They have all come together as a whole, in much the same way as they have come together to secure a brighter future in their communities, said Lance Cpl. Will S. James, a squad leader in 3rd Platoon, Company A, 1st Battalion, 1st Marine Regiment, Regimental Combat Team 6.

“It’s good to see that they are providing enough security on their own, so that their community is able to do something like this,” said the 22-year-old National City, Calif. native. “They really have their stuff together. This year it’s a lot better because people here are a lot more proactive about protecting their community. This year they let us help them and teach them. Even the guy standing guard has quite a lot of interaction with the people. I definitely know more Arabic this year, just because we work with these people so much.”

James, a 2005 Mar Vista High School graduate, said the Marines patrolled to the soccer game, not to provide security or to investigate any suspicious activity, but to attend and see how their Iraqi friends were doing.

“We patrolled there, setup our own personal security and talked to the people on the sideline,” said James. “Everybody in the squad knows quite a few of these guys. I was talking to the guy I knew ... how [he] thought the recent combined medical engagement went, and made

small talk about the Iraqi professional league. They are definitely happy about their pro league. You know, Saddam’s brother used to torture the soccer players and their families if they lost. Now that Saddam is gone, the team is winning. They won the Asia Cup.”

The game was getting very heated and two teams were neck and neck for a win at halftime. They separated and headed to their benches, where the coaches gave pep talks and criticism. It was just like a soccer game in any other country, but here in Iraq, it meant so much more.